

The Dance

拍數: 64 牆數: 4 級數:
編舞者: Leonie Smallwood (AUS)
音樂: Our Town - Iris DeMent



- 1-2 Step forward right, step forward left
3-6 Step forward right, rock back onto left, step back right, rock forward onto left
- 7-8 Step forward right, step forward left
9-12 Step forward right, rock back onto left, step back right, rock forward onto left
- 13-16 Step forward right, pivot ¼ turn left, step forward right, pivot ¼ turn left
- 17-18 With right foot off floor turn right knee in, turn right knee out
19-20 Kick right to right side, step right in front of left
21-22 With left foot off floor turn left knee in, turn left knee out
23-24 Kick left to left side, step left in front of right
- 25-26 Kick right to right side, step right in front of left
27-28 Kick left to left side, step left in front of right
29-30 Kick right to right side, touch right on front of left
31-32 Kick right to right side, step right behind left
- 33-34 Kick left to left side, step left behind right
35-36 Kick right to right side, step right behind left
37-38 Kick left to left side, touch left behind right
39-40 Kick left to left side, step left in front of right
- 41-42 Step forward right (turning body slightly to left), rock back onto left
43-44 Step back right (turning body slightly to right), rock forward onto left
45-48 Full turn left (right-left) traveling forward, step forward right (turning body slightly to left), rock back onto left
- 49-50 Step back right (turning body slightly to right), rock forward onto left
51-52 Step forward right (turning body slightly to left), rock back onto left
53-54 Full turn right (right-left) traveling back
55-56 Step back right (turning body slightly to left), rock forward onto left
- 57-58 Sweep right foot in a circular motion from right to left making a ½ turn left, finishing with right foot beside left
59-60 Transfer weight to right, hold
61-62 Sweep left foot in a circular motion from right to left making a ½ turn left, finishing with left foot beside right
63-64 Transfer weight to left, hold
- The final step is best visualized as using the foot to trace a semi-circle on the floor in front of the body, use the momentum of the sweep to make the turn**

REPEAT